



BIKING NOT ONLY FOR HEALTH BUT THE ENVIRONMENT

By: Marissa Onopa

Top 5 Reasons to start Cycling

- Reduce air pollution
- No nonrenewable fuels burned
- No crowds or parking problems
- Saving nature
- Personal health

BICYCLE INFRASTRUCTURE
IMPROVING SAFETY HELPS FIGHT THE CLIMATE CRISIS



- Biking is a healthy, affordable form of transportation.
- Lack of safe roadways make biking dangerous.
- In 2014, there were **902** cycling deaths in the U.S.

SAFER ROADS → **MORE BICYCLISTS**
which means...



CREATED BY: UMA ATRE | READ MORE: EESI.ORG | 

Benefits of a Bicycle



Burn up calories, not the atmosphere.

Biking is a benefit to your health and the environment.



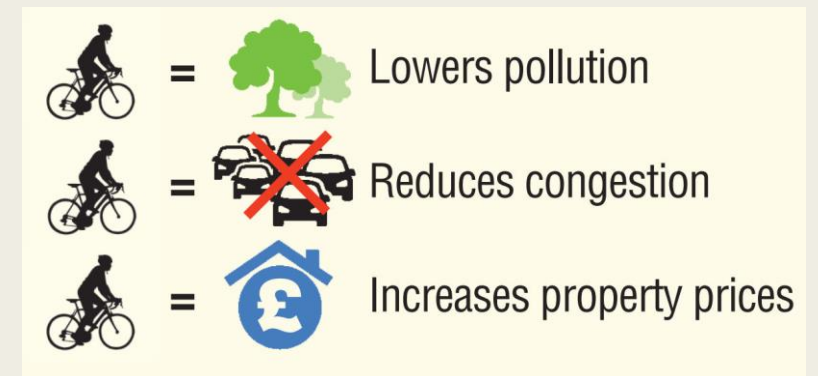
#MoveItMonday

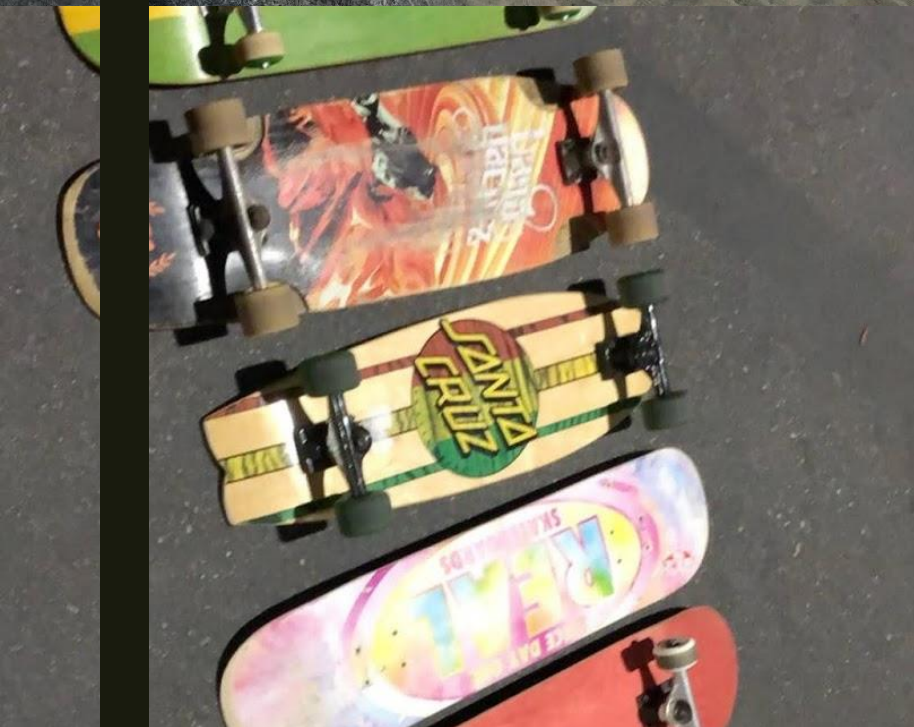
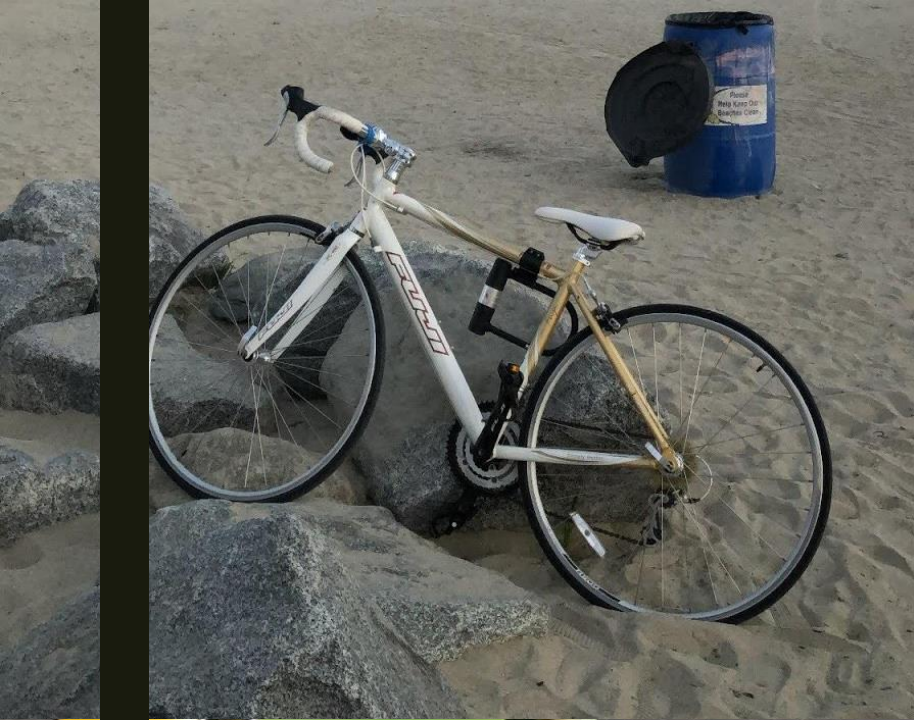
MoveItMonday.org

**MOVE IT
MONDAY!**

Economic

- Opinion: Next best option if cannot afford electric vehicle
- Save money on gas or charging
- No insurance coverage
- Help reduce pollution by minimizing car usage





Reducing my car usage

- Cycling to work at least 3 times a week
- Skateboarding to a nearby store
- Less traffic
- Stress reliver
- Saving money
- Helping for a sustainable commute